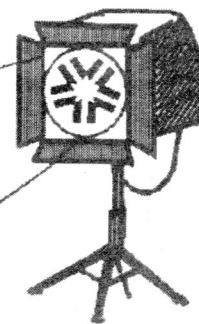


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XX, ISSUE 2

A newsletter for D.C. Seniors

February 2005

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

February brings us Black History Month, Valentine's Day, the Go Red for Women campaign and – in the Nation's Capital in recent years – bad weather. Find out in this issue what District residents need to

know in bad weather.

The "Go Red for Women" campaign sponsored by the American Heart Association wants to bring awareness for the increase of deaths in women who often do not know they are at risk for heart disease. More women than men have been diagnosed with high blood pressure in each category for persons 55 and older (with readings of 140 over 90).

Cutting your risk factors for all of these diseases can be as simple as becoming more active and increasing your physical activity, changing your eating habits by reducing the intake of fat and foods high in cholesterol, and for smokers, taking steps toward ending your smoking habit. The life you save may be your own.

Last month we featured the highlights of the Office on Aging accomplishments. This month we feature a pictorial display of activities for seniors at the Mayor's 7th Annual Senior Holiday Celebration. Under the theme "Safe at Home for the Holidays" there was a public safety pavilion, health and wellness pavilion, and information important to all. Seniors received smoke detectors, free health screenings, flu shots, facials, manicures, and participated in exercise and dancing. Join us for our special events in the future if you missed out on this special day.

Remember the groundbreaking series "Roots?" In recognition of Black History Month, PBS is presenting the four part series, "Slavery and the Making of America," which chronicles the institution of American slavery. The series, narrated by Morgan Freeman, will begin on Feb. 9 on Channel 26.

Happy Valentine's Day!

PHOTOS FROM THE MAYOR'S 7TH ANNUAL SENIOR HOLIDAY CELEBRATION

"Safe at Home for the Holidays"



Our customers



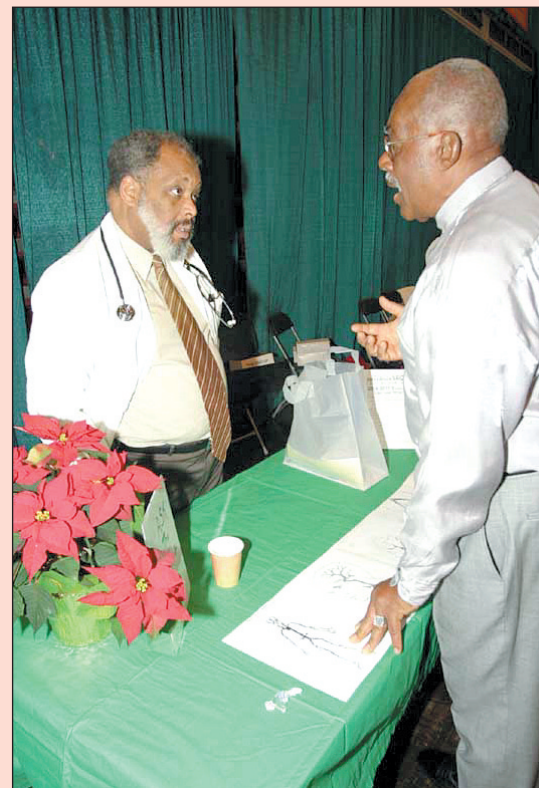
Our customers received their exercise



Our customers enjoying the event



Our partners and our customers



Seniors were able to "Ask the Doctor"



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER



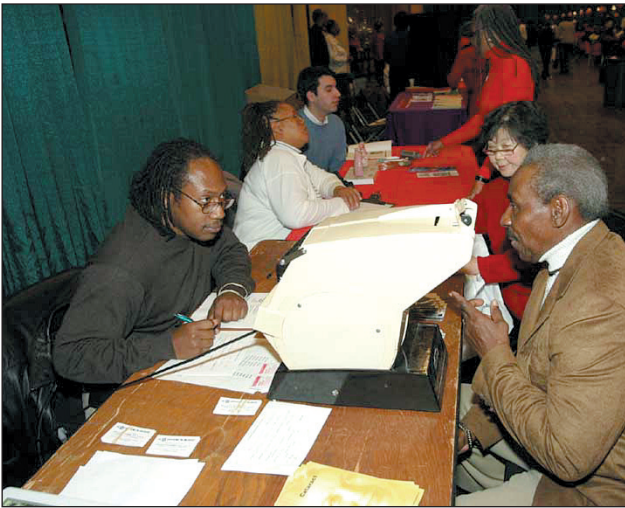
Mayor Williams with our customers



Our partners



Our new Deputy Mayor for Public Safety and Justice, Ed Reiskin



Seniors received free screenings



More than 3,000 attended the Mayor's Annual Senior Holiday Celebration



Our customers share greetings



Our staff serving our seniors



Our partners serving our seniors



Our partners and customers



Our partners serving our seniors



Our customers and our partners



Staff

D.C. OFFICE ON AGING NEWSLETTER

Go Red For Women Mobilizes Women to Join Cause, Fight Heart Disease

Thousands of Americans will help women fight heart disease when they participate in the second year of the **American Heart Association's Go Red For Women** initiative, as it gears up again in February.

Go Red For Women began in February 2004 to raise awareness that heart disease is women's No. 1 killer. The grassroots campaign has since grown into a vibrant national movement as more women, men, celebrities, healthcare providers and politicians embrace and elevate the cause of women and heart disease.

The campaign provides women with tips and information on healthy eating, exercise, and risk factor reduction — such as smoking cessation, weight maintenance, blood pressure control and blood cholesterol management.

"Last year, we discovered an alarming fact — that women still don't know heart disease is their No. 1 killer," said Alice Jacobs, M.D., president of the American Heart Association. "In fact, more women still believe that cancer is the greatest health problem facing them today. Go Red For Women is beginning to change that."

Nearly 85 percent of people who die from cardiovascular disease and coronary heart disease are age 65 and older according to the American Heart Association. They also state that because women have heart attacks at older ages than men do, they are more likely to die from them within a few weeks.

Coronary heart disease is America's No. 1 killer. Stroke is No. 3 and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's

happening.

But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ♥ **Chest discomfort** – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ♥ **Discomfort in other areas of the upper body** – Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ♥ **Shortness of breath** – May occur with or without chest discomfort.
- ♥ **Other signs** – These may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than five) before calling 9-1-1 for help.

Call 9-1-1... Get to a hospital right away

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive - up to an hour sooner than if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped.

Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

Stroke Warning Signs

The American Stroke Association says these are

the warning signs of stroke:

- ♥ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- ♥ Sudden confusion, trouble speaking or understanding
- ♥ Sudden trouble seeing in one or both eyes
- ♥ Sudden trouble walking, dizziness, loss of balance or coordination
- ♥ Sudden, severe headache with no known cause

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you.

Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

Cardiac Arrest

Cardiac arrest strikes immediately and without warning. Here are the signs:

- ♥ Sudden loss of responsiveness. No response to gentle shaking.
- ♥ No normal breathing. The victim does not take a normal breath when you check for several seconds.
- ♥ No signs of circulation. No movement or coughing.

If cardiac arrest occurs, call 9-1-1 and begin CPR immediately, if possible.

Contact a wellness center or senior center near you and find out ways they can help you improve your health. For more information, call the Information and Assistance Unit at 202-724-5626. Or call the American Heart Association at 1-800-AHA-USA1.

In Observance of Black History Month, Serenity Players, Inc. presents...

The Paul Robeson Story by Phillip Hayes Dean, starring Hugh Staples • A play directed by Cody Jones

"... conveys an inspiring moral fervor"

— *The New York Times*

"... A great show"

— *The New York Post*

WASHINGTON, D.C. — Serenity Players, Inc. presents *The Paul Robeson Story* in observance of Black History Month at the St. Francis Xavier Church Bailey Room, 2815 O Street, S.E. on Friday, Feb. 11 at 7:30 p.m., Saturday, Feb. 12 at 1 p.m., and Sunday, Feb. 13 at 4 p.m.

Tickets are sold at the door. Admission is \$8 for senior citizens and students under 18 years old, and \$12 for general admission. Persons with permanent disabilities and their companion will be offered half-price tickets. Group sales are available for 10 persons or more. Free parking is available on the church parking lot. Street parking is also available.

Appropriate for all ages, *The Paul Robeson Story* is a powerful chronicle of Paul Robeson's life, taking us

from his childhood in New Jersey to his adult life around the world. He was a world-renowned thespian, a highly talented singer, a scholar, a linguist, and a courageous political activist who stands as one of the first black artists to use his eminence in the worldwide struggle against bigotry and injustice.

This play is a powerful look at the many faces of Robeson the man, as well as Robeson the star. It is a tour-de-force for any actor. Starring in the role as Robeson, Hugh Staples states, "I am honored to be portraying this legendary artist and walk you through his joys, triumphs and struggles as he pursues the American dream."

Director Cody Jones says, "I began to unveil a story of a man whose life was quite intriguing, and experienced a new awakening in me that I had never experienced before. I thank Mr. Paul Robeson for being my spiritual muse by encouraging me to take on this challenge."

Serenity Players, Inc. is a community-based the-

ater company located and operating in the Hillcrest and Ward 7 communities east of the Anacostia river. This project is funded in part by the Jovid & Meyer Foundations, D.C. Commission on the Arts and Humanities, and the National Endowment for the Arts.

The Blue Carts Are Coming, the Blue Carts Are Coming...

The D.C. Department of Public Works will soon be delivering miniature supercans to replace the old bins for recycling. This blue cart will be used for all recyclables and has wheels to make recycling day easier. Look for your blue carts coming to District homes soon ***This will end separated recycling!***

Community Calendar

February events

- 11th • 11 a.m.
- A black history program and ethnic luncheon will be held at the Washington Seniors Wellness Center, 3001 Alabama Ave., S.E. The event will feature a fashion show, singing, dancing and acting. Anacostia High School students are special guests at this program. For tickets, call 202-581-9355.
- 11th • 11 a.m. to 2 p.m.
- The Greater Washington Urban League, Division of Aging & Health Services, is sponsoring its annual Valentine's party at the Teamster Union Hall. Call Vivian Grayton at 202-529-8701 for reservations.
- 12th • 10 a.m. to 2 p.m.
- Come and find your Valentine! United Planning Organization is hosting a Valentine's Day party. Free admission. The center is located at 1649 Good Hope Rd., S.E. For details, call 202-610-5857.
- 15th • 11:30 a.m.
- Washington Seniors Wellness Center, with the Metropolitan Police Department, 6th District, hosts "Safety Tips for Senior Citizens." This free event will be held at 3001 Alabama Ave., S.E. For details, call 202-581-9355.
- 16th
- Find your newest heart throb, or just have a great time with friends. The Greater Washington Urban League, Division of Aging & Health Services is hosting a Valentine's Tea Party in Ward 8, 2900 Newton St., N.E. Call Vivian Grayton at 202-529-8701 for reservations.
- 18th • 11 a.m. to 1 p.m.
- Washington Seniors Wellness Center is sponsoring a free posture assessment at George Washington University's Physical Therapy Department. Participants must register in advance at 202-581-9355.
- 18th • 4:30 to 6:30 p.m.
- Join Model Cities Senior Wellness Center for a late-afternoon movie. The center is located at 1901 Evarts St., N.E. For more information, call Monica at 202-635-1900, ext. 11.
- 20th • 6 p.m.
- Join in on a seniors' night out at Rio's Night Club

- (Breeze) with Model Cities Senior Wellness Center, 1901 Evarts St., N.E. Line dancers and hand dancers may even get on television! For Information, call Monica or Darlene at 202-635-1900, ext. 11.
- 21st • 9 a.m.
- Go to Midway Slots with Model Cities Senior Wellness Center. The donation of \$10 includes a buffet. Payment deadline is Feb. 9. Call Monica for reservations, 202-635-1900, ext. 11.
- 22nd • 11 a.m.
- In the program "Realtime Government in Action," seniors visit the offices of newly elected council members with the Phillip T. Johnson Senior Center, 3200 S St., S.E. For details, contact Robinette Livingston at 202-584-4431.
- 23rd • 11 a.m. to 12:30 p.m.
- Join Model Cities Senior Wellness Center for its black history program. Please wear African attire to this function at 1901 Evarts St., N.E. To reserve your seat, call Monica at 202-635-1900, ext. 11.
- 24th, 28th & March 3rd • 11 a.m.
- The Phillip T. Johnson Senior Center is hosting a "My Roots and My Family's Accomplishments" series in honor of African American History Month. Participants will highlight and share their own ancestry, family challenges and family accomplishments through photographs and dialogue. The program will be held at 3200 S St., S.E. For further information, call Robinette at 202-584-4431.
- 25th • 1 to 4 p.m.
- Come to a New Orleans Mardi Gras-style oldies but goodies potluck at the Washington Seniors Wellness Center located at 3001 Alabama Ave., S.E. The event is free, but you must RSVP by calling 202-581-9355.
- 26th • 12:15 p.m.
- Attend Alvin Ailey American Dance at the Kennedy Center Opera House with Model Cities Senior Wellness Center, 1901 Evarts St., S.E. The cost is \$46.25. Call Monica to reserve your seat, 202-635-1900, ext. 11.
- Ongoing
- Feb. 1, 8, 15, 22
- A new Widowed Persons Outreach support group

- will meet at IONA every Tuesday through February 22. Widowed Persons Outreach, based at Sibley Hospital and co-sponsored by IONA, is forming a bereavement support group for people who have lost a spouse in the last two years. Call Julie Potter, Widowed Persons Outreach coordinator, for more information and to register: 202-364-7602.
- March 1st to 31st • 10:30 a.m.
- All month long, seniors at P. T. Johnson Senior Center will depict the role women have played in history in a "Women in History Marathon." They will be encouraged to use dramatization, photographs, dialogue, exhibits, etc. to enrich the presentation. For more information, call 202-584-4431.
- Saturdays and Sundays
- 10 a.m. to 2 p.m.
- Join the United Planning Organization/Weekend Nutrition Program for a hot nutritious lunch every Saturday and Sunday, from 10 a.m. to 2 p.m at 1649 Good Hope Rd, S.E. The program also provides health promotion and recreational activities. For more information, contact Evelyn Minor, program coordinator, at 202-610-5900 or 202-610-5857.
- Mondays 9:50 a.m.
- & Wednesdays • 1 p.m.
- Get fit with Vanessa! Vanessa Williams-Harvin, fitness coordinator, will conduct low-impact aerobics and Pilates classes for seniors at the Washington Seniors Wellness Center. The center is at 3001 Alabama Ave., S.E. For more information, call 202-581-9355. A physician's statement is needed for participation.
- Mondays & Wednesdays
- 1 to 2 p.m.
- Computer classes for seniors will be given by the EOFULA Spanish Senior Center. Keep up with technology and learn the basics of the computer.
- Cab Driver Alert for the Call N' Ride program in the District of Columbia. If you are a cab driver and want to increase your earnings, please call Judy Hooks at 202-529-8701.

Important Numbers to Know for a Snow Emergency in Washington, D.C.

- District Law requires property owners to clear snow and ice from sidewalks, handicap ramps and steps abutting their properties within the first eight daylight hours after snow, sleet or ice stop falling. This applies to all property owners - residential, commercial, federal and municipal. The city has no designated program for seniors to remove snow from private property.
- Public buses may be redirected from normal routes during a snow emergency. WMATA clears snow in front of Metrorail stations, but not at bus stops during a snow emergency. Call WMATA for information at (202) 637-7000.
- Numbers to remember
- Homeless and Shelter Hotline202-399-7093
- Heat out in rental units if landlord has not responded202-442-4610
- Streets that are unplowed202-727-1000
- Car towed from snow emergency route202-671-2628
- 24-Hour emergency information and assistance202-727-6161
- Seniors needing assistance (weekdays)202-724-5626
- (after hours, 24 hours)202-727-6161
- If the heat is out inside your private residence, check the yellow pages or call directory assistance (411) for listing of heating contractors.
- Utility problems:
- PEPCO outage202-833-7500
- Washington Gas outage and leakage703-750-1400
- D.C. Water and Sewer Authority outage202-612-3400
- Comcast Cable outage202-635-5100
- Prepared by the D.C. Office on Aging, January 2005

SPOTLIGHT ON AGING

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- Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.
- The Office on Aging is in partnership with the District of Columbia Recycling Program.